



CHANGING THE SCENE

Improving the Nutrition Environment in Child Nutrition Programs

UNITED STATES DEPARTMENT OF AGRICULTURE
• FOOD AND NUTRITION SERVICE •

Alarming Trends

- **Diets are falling short of the mark**
- **Desirable physical activity levels are not being met**
- **Obesity rates are skyrocketing**
- **Adult diseases are showing up in children**

Adverse CVD Risk Factor Levels in Children

Percent of children, aged 5-10, with 1 or more adverse CVD risk factor levels:

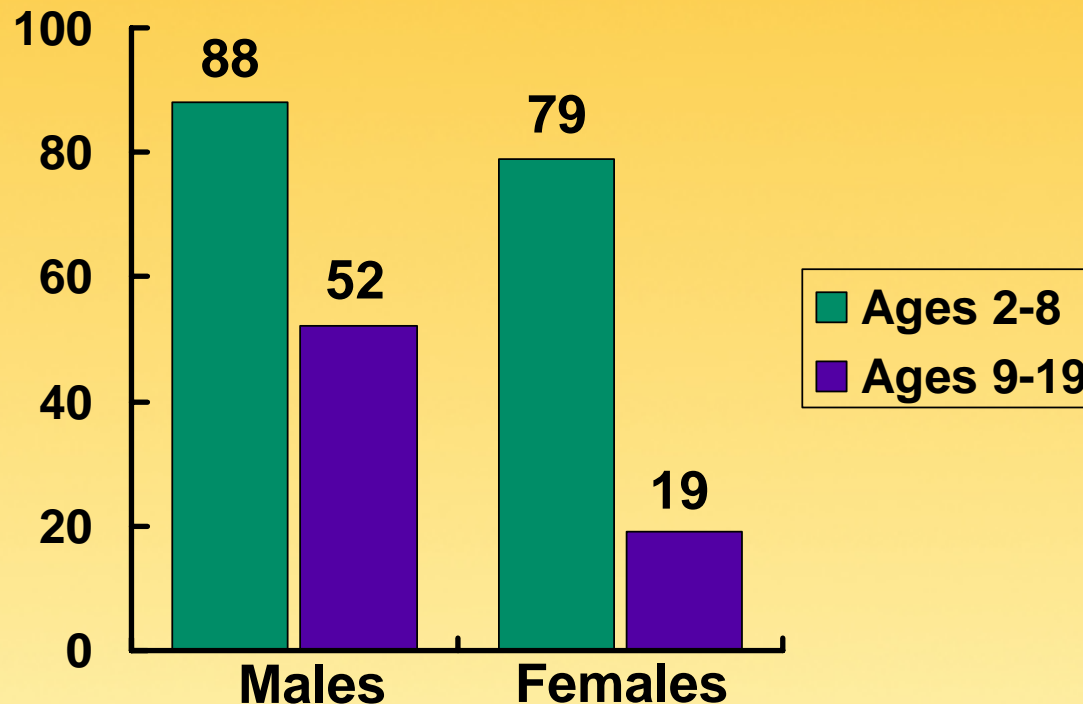
27.1%

Percent of overweight children, aged 5-10, with 1 or more adverse CVD risk factor levels:

60.6%

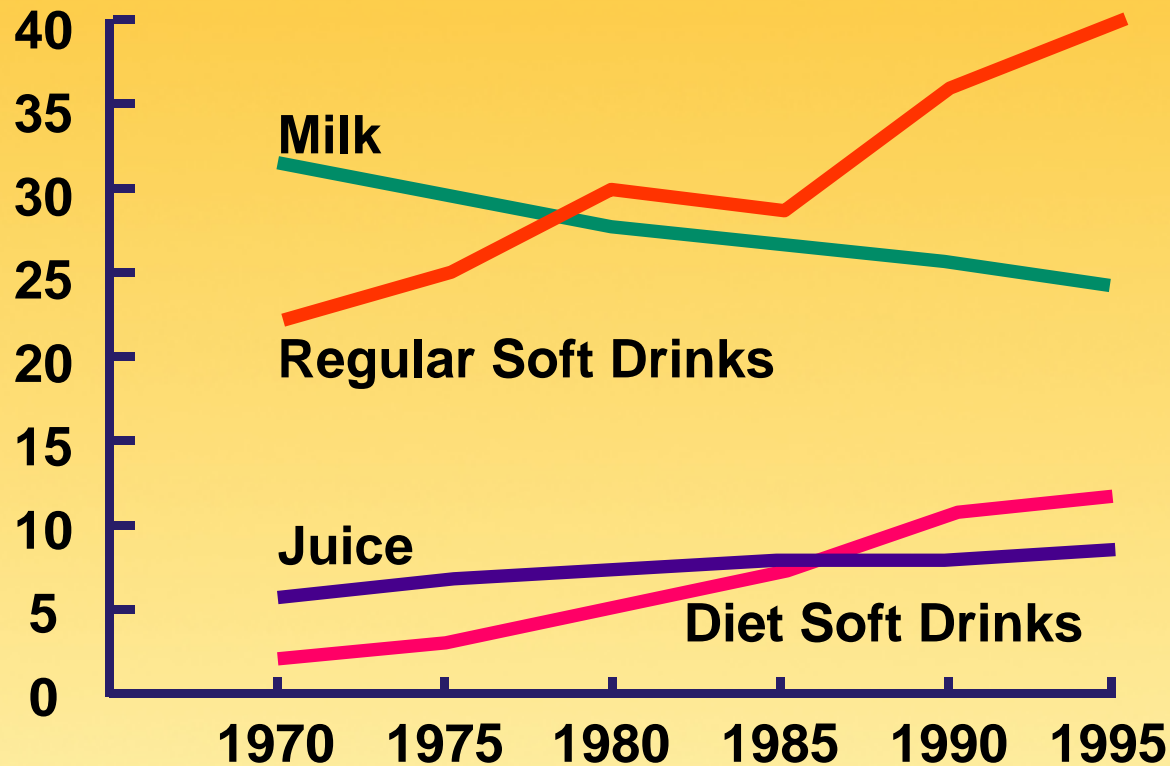
Source: Freedman DS et al. Pediatrics 1999; 103:1175-82`

Percentage of U.S. Youth Who Met Dietary Recommendations for Calcium Intake, by Age and Sex, 1988-94



Source: National Health and Nutrition Examination Survey III, CDC

Beverages Available in the U.S. Food Supply (Gallons/Person/Year)



Source: U.S. Dept. of Agriculture, Economic Research Service Statistical Bulletin No. 939, 1997

You Can Make a Difference

**Nutrition and
Physical Activity
Are Important to
Children**

What Can Be Done?

**Improve the
Nutrition
Environment in Child
Nutrition Programs**

What is a Healthy Nutrition Environment?

Components Of A Healthy Nutrition Environment

- **A Commitment to Nutrition and Physical Activity**
- **Quality Meals**
- **Other Healthy Food Options**
- **Pleasant Eating Experiences**
- **Nutrition Education**
- **Marketing**

A Commitment to Nutrition and Physical Activity

- **Nutrition and physical activity are part of each day**
- **Policies are in place and enforced**
- **In schools, the foodservice program is on the team**
- **School health councils give support**

Quality School Meals

- **School meal programs are available**
 - **Healthy, appealing choices are available**
 - **Food safety is a priority**
 - **Menus meet nutrition standards**
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Other Healthy Food Options

- All foods and beverages available make a positive contribution to healthy choices
- Parents make healthy options available
- Food is not used for fund-raising

Other Healthy Food Options

- **Food is not used as a reward or punishment**
- **Access to vending machines is limited**

Pleasant Eating Experiences

- **Meals scheduled at appropriate times**
- **Students and children have time to eat and socialize**
- **Adequate serving and seating areas**

Pleasant Eating Experiences

- Dining room décor is attractive
- Creative methods are used to keep noise levels appropriate
- Drinking fountains are available
- Handwashing equipment and supplies are available

Nutrition Education

- Available in pre-K through grade 12
- Focuses on skill development
- Integrated into core curriculum
- Dining room and classroom are linked
- School is a Team Nutrition School

Marketing

- **Healthy eating and physical activity are actively promoted**
- **Students and children receive positive, motivating messages**
- **Schools and Child Care Programs promote healthy food choices**

Call to Action



AMERICAN DIETETIC ASSOCIATION
*"Your link to nutrition and health."*TM



American Academy
of Family Physicians



*National
Hispanic
Medical
Association*



National
Medical
Association



American Academy of Pediatrics



United States Department of Agriculture

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19-15 (Developmental)

Increase the proportion of children and adolescents, age 6 to 19 years, whose intake of meals and snacks at schools contributes proportionately to good overall dietary quality.



School Meals Initiative

- **New nutrition standards for school meals**
- **Team Nutrition to support those standards**



It's Time to Act!



- **Changes need to be made**
- **Make a commitment now**
- **Join our team**
- **Begin the journey — one step at a time**